

Chikungunya

(chik-en-gun-ye)

What is it?

It is a virus that spreads to humans by infected mosquitoes. It is not transmitted from person to person.

Where is it found?

The virus is in Caribbean, East Africa and the Western Pacific regions. At this time people are getting it when they travel outside of the US.

People who travel to these countries should take extra care to prevent getting mosquito bites. This will protect them from many kinds of illness.

What are the symptoms?

Most people infected with this virus will get sick.

Symptoms include:

- Fever
- Joint pain and swelling
- Headache
- Muscle pain
- Rash

Symptoms usually begin 3 – 7 days after being bitten by an infected mosquito. Many people have a sudden fever and joint pain. Most feel better within a week. Some have joint pain that lasts for months.

Travel ALERT: Seek medical care if you develop a fever within 2 weeks after you get home from a trip outside of the US.

How is it treated?

- Take over-the-counter medicines to help with fever and pain.
- Get plenty of rest.
- Drink fluids to prevent dehydration.

How is it spread?

Mosquitoes get it when they bite a person who already has the virus. Mosquitoes can then spread the virus to other people they bite. People cannot spread it to other people.

Prevent getting mosquito bites:

- Reduce time outdoors during early morning and evening hours when mosquitoes are most active.
- Use mosquito repellents containing DEET or other EPA approved repellent (includes Oil of Lemon Eucalyptus). Use as often as recommended by product directions to achieve the best protection.
- Spray clothing with a repellent containing permethrin. This gives another layer of protection.
- Cover skin with light colored, long pants and long-sleeved shirts

Take these simple steps to prevent mosquitoes in our community.

- Look around your home or neighborhood for items that can hold water – like cans, bottles, tires, flower pots, and tree stumps. Tip and Toss standing water.
- Get rid of water on plastic covers on woodpiles, sand boxes or pools.
- Change the water in bird baths and pet bowls at least two times a week.
- Fix leaky outdoor faucets.
- Cover rain barrels with tight-fitting screens or lids.
- Keep gutters clean.
- Stock ponds with fish that will eat mosquito larvae. Treat water with products from a local hardware store that will kill young mosquitoes.

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For more information

Disease Control ~ 828.250.5109

Located at 40 Coxe Ave, downtown Asheville, NC 28801

